

## CHAPTER 5

### Article 33 -Recreation And Physical Education Programs

*Revised July 1,2003*

#### **53070.1 Policy**

Each Warden shall provide a recreation and physical education program that will maximize inmate participation under conditions that are safe and secure. Inmates may be afforded an opportunity to engage in a variety of activities consistent with their custody classification, privilege groups, security requirements, health status, and any documented or demonstrated special need.

Recreation and Physical Education programs are founded on six broad goals, providing inmates opportunities for achievement through participation in a range of programs that promote the following:

Physical activity

Physical fitness and wellness

Movement skills and movement knowledge

Social development and interaction

Self-image and self-realization

Individual excellence

#### **53070.2 Purpose**

This article provides staff responsibilities and criteria for the administration of institution/facility recreation and physical education programs.

#### **53070.3 Responsibility Recreation and Physical Education Programs**

The Supervisor of Correctional Education Programs (SCEP), or designee, shall provide overall supervision and coordination of recreation and physical education activities at their respective institutions/facilities. The SCEP shall:

Coordinate all recreation and physical education activities.

Prepare an annual operational budget.

Supervise the selection, assignment, and training of inmate aides.

Evaluate and utilize community resources.

Maintain appropriate records of activities, inventories, and inmate participation.

Ensure the security and control of program areas and scheduled activities.

Maintain effective control and utilization of program equipment.

#### **Arts-in-Corrections**

Administrative oversight of the Arts-in-Corrections program is the responsibility of the Arts Program Administrator. Direct supervision of artist-facilitators and lead artists at each institution is the responsibility of the Community Resource Manager (CRM) or designee.

#### **Handicraft Program**

Administrative oversight of each institution's handicraft program is the responsibility of the Correctional Administrator, Business Services. Direct supervision of the program is delegated to an institutional handicraft manager.

#### **53070.4 Recreational Activities**

Inmate access to recreational programs shall be in accordance with the Inmate Work/Training Incentive Program (IWTIP) policy. Participation shall be voluntary, non-credit, accomplished during non-assignment hours, and be dependent on privilege level. Activities may include, but are not limited to, the following:

Audiovisual programs.

Visual and performing arts programs.

Individual sports, such as track and field, jogging, and gymnastics.

Dual sports, such as handball, horseshoes, table tennis, badminton, handball, and shuffleboard.

Team sports, such as baseball, basketball, soccer, softball, touch football, and volleyball.

Social games, such as checkers, puzzles, dominoes, chess, and card games.

Precaution shall be taken to prevent injury during recreational activities. Activities involving unusual danger or risk shall not be permitted.

Gymnasium, field, and/or yard schedules shall be established to provide reasonable access for all eligible inmates. Recreational activities may be available seven days per week.

The Warden, or designee, may approve special events which feature visual and performing arts activities.

#### **53070.4.1 Intramural Sports**

Intramural sports may be offered for all eligible general population inmates.

Each institution shall establish guidelines to discourage inappropriate domination by any one inmate group. A designated staff person shall select and assemble individual teams.

Intramural sports may include handball, racquetball, basketball, softball, horseshoes, and similar group sports.

#### **53070.4.2 Table Games**

Table game leagues and tournaments may be organized institutionally. All eligible inmates may participate in such tournaments.

#### **53070.4.3 Tournaments**

Tournaments may be organized institutionally. The variety of competitive activities shall be rotated according to different interests, skills and cultural considerations.

Announcements of upcoming special events shall be posted in designated areas accessible to all eligible inmates.

Awards and certificates of participation or accomplishment may be purchased with Inmate Welfare Fund monies and offered as awards to inmates participating in tournament activities.

Approved awards shall be delivered to the recipient inmate as soon as possible, but no later than 45 days following approval by the activity/contest coordinator.

#### **53070.4.4 Handicraft**

Refer to DOM Chapter 5, Article 34.

#### **53070.4.5 Music Program**

Musical activities are encouraged in those institutions with the appropriate facilities and equipment.

Under the supervision of designated staff, inmates may schedule practice sessions in designated areas.

#### **53070.4.6 Movies/Videos**

Movies and/or videos may be selected and scheduled for viewing, in advance, on a quarterly basis. This schedule shall be submitted through the established chain of command for approval by the institution head, or his/her designee (reviewer), prior to the beginning of each quarter and the approved schedule shall constitute the institutional discretionary viewing list

Only movies/videos with a Motion Picture Association of America (MPAA) rating of General (G), Parental Guidance (PG), or Parental Guidance (PG-13) may be considered for general viewing by the inmate population. Movies/videos with Specially Edited Down (SED) rating may be viewed in accordance with the provisions of this section.

Movies and/or videos which have not been rated, or have been rated other than G, PG or PG-13 and are intended for specified limited inmate viewing purposes such as education or contracted service vendor programs, shall be previewed at the institution/facility level.

Previews shall be conducted by the Academic Teacher-Recreation/Physical Education (ATRPE) or designee.

A movie or video not originally rated G, PG, or PG-13, but through editing has been "reduced" to the content equivalent of a G, PG, PG-13 or SED-R rating shall require no more than ATRPE previewing.

All other content or suitability issues may be resolved by the ATRPE through referral to an Institutional Movie Review Committee (IMRC). The IMRC will classify the movie as "acceptable" or "unacceptable". Movies/videos categorized "unacceptable" shall not be approved for general inmate viewing.

The IMRC membership designated by the institution/facility head shall minimally consist of the following individuals or staff representatives: female custodial staff, correctional custody ranks no less than sergeant, medical or mental health staff, and the Supervisor of Correctional Education Programs.

Regardless of a film's MPAA rating, those glorifying violence or considered inflammatory to the climate of the institution shall not be approved for viewing.

A department-wide "discretionary showing list" and /or movie review committee may be established by the Director.

Inmate committees may be used to assist in the selection of specific movies/videos that are approved by the institution head.

Approval does not require that it be shown by an institution.

The selection or exclusion of a movie and/or video by an institution/facility may be challenged by members of the public by writing to the Director, appealed by inmates by following the inmate appeal process, and/or grieved by staff by pursuing grievance procedures in accordance with their collective bargaining unit's contract and/or memorandum of understanding.

#### **53070.4.7 Television**

State-owned television sets may be provided in dayrooms or other areas accessible to general population inmates. Televisions placed in these areas shall not be moved for service, repair, or replacement except by an authorized staff person.

Program schedules shall be decided by majority vote of the inmates in attendance in the dayrooms or other areas used for general population viewing at the time of the vote. A designated staff person shall supervise all inmate-voting activities and post the approved schedule near the television.

Program schedules shall not be moved or changed except by staff.

Any tampering with the television by an inmate, other than those necessary to adjust an approved program shall be cause for disciplinary action.

#### **53070.4.8 Activity Groups**

Refer to DOM Chapter 5, Article 28 for educational, social, cultural, and community interaction-based activities.

#### **53070.4.9 Arts-in-Corrections**

The Arts-In Corrections Program provides leisure time activities administered by the headquarters Arts Program Administrator (APA). This headquarters staff person provides overall supervision for the institutional artist-facilitators or lead artists who are the designated program contact persons. The APA shall provide support, assistance, and ensure activity compliance.

The CRM at each institution shall be designated as the immediate supervisor for the artist-facilitators and lead artists.

Art activities may consist of, but are not limited to, the following:

Literary arts, including poetry, creative writing, playwriting and book arts.

Visual arts, including painting, drawing, printmaking, calligraphy, and graphic arts.

Performing arts, including music, theater, and Dance.

#### **53070.4.10 Weight Lifting**

Inmate recreational weight lifting activities shall not be permitted at California Department of Corrections institutions/facilities.

### **53070.5 Recreation and Physical Education Programs**

The institution's education department shall make available to eligible inmates a recreation and physical education program with adopted standards. These standards shall be based on six related disciplines: biomechanics and kinesiology; exercise physiology; motor learning; psychosocial development; growth and development; and the humanities.

An Academic Teacher, Recreation and Physical Education, shall coordinate and provide direct supervision of the recreation and physical education program.

The program shall be based upon the adopted Recreation and Physical Education Curriculum Framework adopted by the Board of Education. Course outlines shall be developed at each institution representing the institution's program. Daily lesson plans shall reflect the course outline.

Inmate access to physical education shall be in accordance with IWTIP policy and procedures. Participation shall be voluntary, non-credit, accomplished during non-assignment hours, and be dependent on privilege level.

Minimum unduplicated enrollment for physical education shall be determined by multiplying the adopted ratio and the adopted hours per days factor, yielding total program participants.

Several components of the recreation and physical education program require specialized instruction and/or training. These components include, but are not limited to, the following:

Physical education (non-credit earning).

Physical fitness training program, (credit earning full-time assignment).

Fitness for life, (non-credit earning unless offered as part of a full-time education assignment).

Healthful living, (non-credit earning unless offered as part of full-time education assignment).

Funding for these recreation and physical education components may be provided by the Education and Inmate Programs Unit, established by formula, and distributed as an annual allotment, which shall be made part of an institution's overall education program budget.

These education program components shall meet the adopted program-wide teacher/inmate ratio.

Whenever possible, instructional resources for these program components shall be compiled on a standard list and placed on contract.

#### **53070.5.1 Physical Fitness Training Program**

This training class is designed to evaluate, prepare, and test the physical and mental preparedness of inmates for admission into a Department of Forestry and Fire Protection Training Program and eventual assignment to a California State Conservation Camp as a firefighter, emergency transport vehicle attendant, or for support services.

Inmates shall possess a recent medical clearance authorizing their participation in emergency firefighting activities. This clearance, and the inmate's possession of a Minimum B custody designation shall be conditions of transfer to any institution for placement in a Physical Fitness Training (PFT) class.

The SCEP, or his/her designee, shall provide supervision of PFT classes.

An Academic Teacher, Recreation and Physical Education, shall coordinate and/or instruct this program at each applicable institution. The assigned teacher shall be responsible for recording and reporting all training time and absences of inmates assigned under his/her supervision. A CDC Form 191, Time Card, shall be used to record the training time of assigned inmates.

The PFT involves competency testing in activities measured by specific count, time frame, or strength demonstration. These measured activities shall be specified in the adopted curriculum framework.

An inmate must successfully complete PFT prior to being admitted into the forestry training program.

#### **53070.6 Recreation and Physical Education Equipment**

Each institution/facility may provide the clothing, equipment, and supplies necessary for a variety of recreational and physical education activities. Strict accountability of items issued to inmates shall be maintained by utilizing a staff-supervised checkout system.

#### **53070.7 Conservation Camp Programs**

Conservation camps shall provide recreation and physical education program opportunities for their respective inmate populations. These opportunities shall be compatible with camp operations, staffing and the geographic location of the camp.

#### **53070.8 Inmate Aides**

Inmate aides are valuable resources when trained and properly supervised. Inmate aides shall be selected on the basis of their relationships with other inmates, previous work record, attitude toward staff, and desire to work.

These aides may serve as program assistants, activity leaders, and sports officials performing the following functions:

Supply clerks, issuing program supplies under the supervision of designated staff.

Record keeping of equipment and supplies under the supervision of designated staff.

Preparation and distribution of program announcements and flyers.

Facility and equipment cleaning and maintenance duties.

#### **53070.9 Recreation Committee**

A recreation committee may be established at each institution. Composition should include staff and inmates. This committee may be used to provide input and offer recommendations on recreational and physical education programming.

Inmate participants shall be composed of a cross-section of inmates eligible to participate in the program.

#### **53070.10 Community Interaction**

Community participation in institutional recreation and physical education activities shall be encouraged. Community volunteers may be utilized in accordance with institution/facility's Operational Procedures.

#### **53070.11 Revisions**

The Deputy Director, Institutions Division, shall ensure the contents of this article are current.

#### **53070.12 References**

California Code of Regulations, Title 15, Sections 3220, 3223, 3233, and 3234.